

# OSAGE NATION PREVENTION

August 2009 Volume 2, Issue 6

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## What's New!

### **TOO GOOD VISITS OSAGE NATION BOYS AND GIRLS CLUBS:**

Daisy and Peaches began offering the “Too Good for Drugs and Violence Afterschool Activities Kit” to the Osage Nation Boys and Girls Club in Pawhuska, Fairfax and Hominy on July 9, 2009. The girls are scheduled to attend the Pawhuska Club on Tuesdays and Thursdays from 9am to

10am, the Hominy Club on Mondays from 9am to 10am and the Fairfax Club on Wednesdays from 1pm to 2:30 pm. The age groups are from 5 to 13. So far a combined total of 110 children have participated in these classes. The kids really seem to like it and they enjoy getting to play games and learning at the same time. If you have any questions in regards to this activity being offered in your area please call the Drug Prevention office at 918.287.5595.



If you have any ideas or would just like someone to talk to you, call us at 918.287.5595.

We look forward to any comments or questions you might have,

**“Just Say No to Drugs!!!!!!”**

### **Mission Statement:**

The Osage Nation Prevention Program is on the path to a safe and healthy Reservation for our people by reducing substance abuse among our youth and community members.



## **PRESCRIPTION PILLS : WHAT TO DO WITH THEM**

Many people toss expired or unused medications in the trash or flush them down the toilet. Some components of these drugs end up in our lakes, streams, and water supplies. According to the U.S. Fish and Wildlife Service, “The improper disposal of unused medications by flushing them or pouring them down the drain may be harmful to fish, wildlife and their habitats.” Additionally, throwing medications away in the garbage may be dangerous since they can end up in the mouths of children or household pets.

According to an Associated Press investigation reported in early 2008, “A vast array of pharmaceuticals — including antibiotics, anti-convulsants, mood stabilizers and sex hormones — have been found in the drinking water supplies of at least 41 million Americans.”

Since the amount of the drugs found in our water supply is hundreds or thousands of times lower than the quantity found in the medications that we take, it is not clear what the potential harm is to humans. However, research has shown that there can be effects on animals that live in the water such as fish and frogs.

**Pills and other forms of medication should never be flushed down the toilet. Flushing pills and liquid medication can harm the environment.**

### **How Do Medications Get into Our Water?**

Drugs enter our water supply in several ways:

- Many of us have medications that we no longer take, that have expired, or were used by someone who died. Most of these medications are flushed down the toilet or, in the case of liquids, poured down sink drains.
- When we take a medication, our bodies absorb some of the drug. The remainder passes through us (in our urine or stool) and is flushed down the toilet.

In both cases, the wastewater is treated by our local sewage facilities before it is discharged into local reservoirs, rivers or lakes. Most of these water treatments do not remove the entire drug residue. Some of this water then may go to drinking water treatment plants and piped to our faucets

A study by the United States Geological Survey done in 1999 showed that in 80% of the streams sampled contained detectable levels of compounds found in common medications. National attention is growing to develop more appropriate methods of safely disposing of unwanted medications.

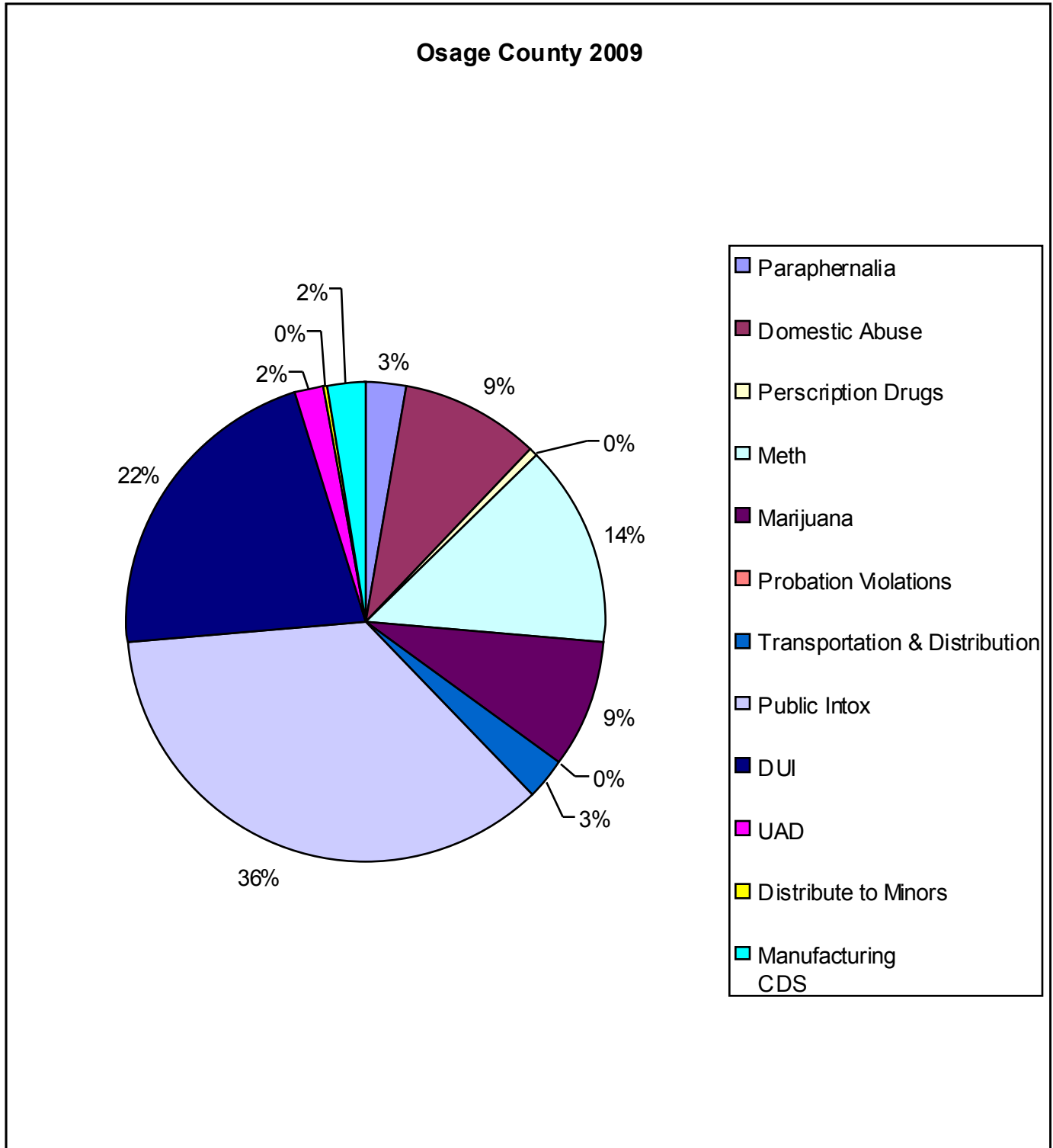
The Osage Nation Prevention Department has teamed up with other community members and sources to introduce the First Annual Pill Dump Day in Osage County around September 14, 15, 21, and 22nd. Look for more details in next months newsletter or call 918.287.5595.



## Where are your old Prescription Pills?



**Court records for Osage County indicate that 63% of all convictions are alcohol related incidents. 14% are Methamphetamine related convictions with 2% manufacturing CDS, and a tie of 9% of these convictions involving Marijuana and Domestic Abuse. A slight increase from last month.**



In Honor of National Foster Care Month & Substance Abuse Prevention

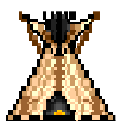
Osage Nation Social Services & Prevention Program announces  
an

Honor Dance

for the Osage Nation Foster/Adoptive Resource Parents

**August 8, 2009**

**Wakon Iron Community Building  
Pawhuska, Oklahoma**



HEAD STAFF

M.C.	Fi Davis, Osage
Co-Host	Osage Gourd Club
Head Singer:	John BigHorse, Osage.
Head Man Dancer:	Scott BigHorse, Osage
Head Lady Dancer:	Lavina Clark, Osage/Ponca
Head Little Boy Dancer:	Jason Mashunkashey, Osage
Head Little Girl Dancer:	Janie Rosales, Northern Cheyenne/Otoe/Iowa/Osage
Arena Director:	Pete Buffalohead, Ponca/Kiowa

**Schedule**

Gourd Dancing	2:00 pm-4:30 pm
Supper	5:00 pm-6:30 pm
Grand Entry	7:00 pm (All dancers must be in grand entry)



**Contests:** Tiny Tots 0—6 yrs. old

Jr. Divisions: 7-12 yrs. old

Sr. Divisions: 13-17 yrs. old

**Categories:** Straight, Fancy, Traditional/Grass

Buckskin, Cloth, Jingle/Fancy Shawl



For more information please call Leah BigHorse @ 918 287-5341 or  
Jenny Rush-Buffalohead @ 918 287-5629

ONSS & ONPP are not responsible for accidents or thefts





**Osage Nation  
Prevention Programs**

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**We're on the Web!**

[www.osagetribe.com/preventionprograms/](http://www.osagetribe.com/preventionprograms/)

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**GET A HEAD  
DON'T DO DRUGS!**



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[WWW.KIDSAGAINSTDRUGS.COM](http://WWW.KIDSAGAINSTDRUGS.COM)

**Upcoming Events:**

**Aug. 8, 2009**—Osage Nation Social Services and Prevention Program Honor Dance for Foster Parents

**Aug. 13, 2009**—School starts for Pawhuska, Hominy, and Barnsdall Schools..

**Aug. 31, 2009**—Drug Free Team meeting

Is Prevention something that you would like to have more information on? Something you would like to teach your students, youth group, or employees? We want to give you more information on Drug and Alcohol Prevention and would love to come and speak to your group or just provide informative information for you.

Please give us some feedback on our newsletters. Tell us what information you would like to see and what you don't want to see every month.